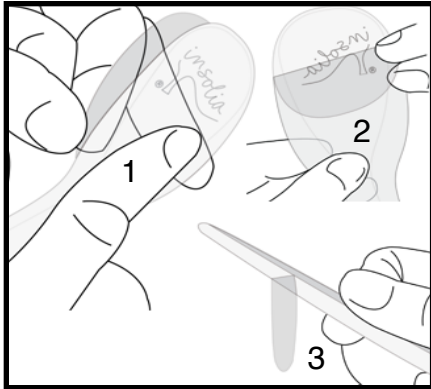




Insolia High Heel Inserts Installation Instructions

Please follow these instructions carefully to make sure the Inserts work correctly.

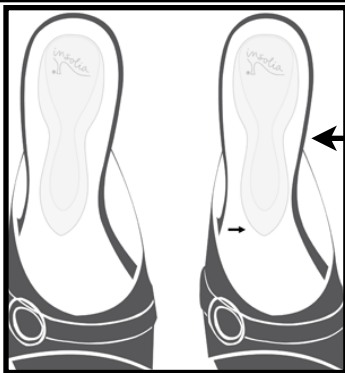
1. Expose Adhesive For Initial Positioning



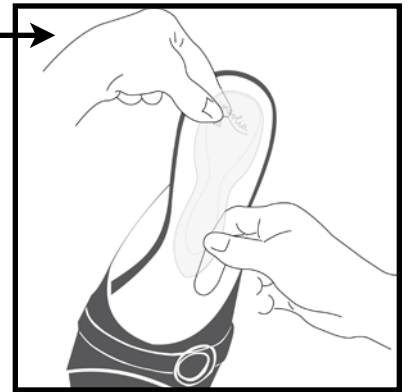
Pick an insert - there is no difference between right and left. Start by peeling back the clear adhesive backing from the heel or rounded end of the insert. Fold the backing to expose just enough adhesive to hold the insert while you find the right place. **Be sure the inside of your shoes are clean, dry, and skin lotion free so inserts can stick!**

2. Positioning

Center the heel end of the insert about 1/8 inch (3 mm) from the back of the shoe.

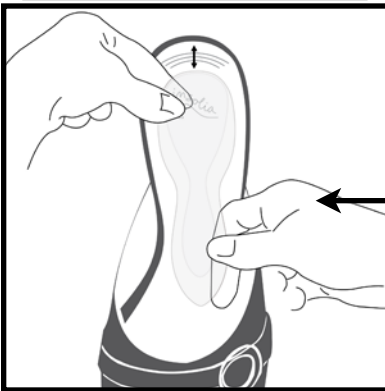


Now center the pointed end of the insert in the arch of the shoe. If your shoes are styled with a narrow arch, you may need to point the insert slightly towards the big toe side of the shoe.



Put **both** shoes on and stand up. If you feel an uncomfortable bump you need to make adjustments. Feeling different is ok. Pain is not!

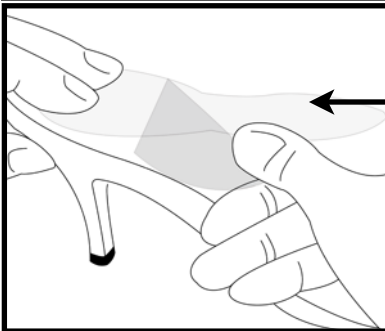
3. Adjustments



Make small adjustments in 1/8 inch (3 mm) steps until the uncomfortable bump is gone.

- If you feel a bump under your heel, move insert forward.
- If you feel a bump under your arch, move insert back.
- You may need to rotate the Insert to find the right spot.

4. Final Placement



Hold the heel of the insert in place with one hand, pull up the front with the other, and peel off the remaining piece of plastic backing. Press down firmly.

Insolia Inserts should not be moved from shoe to shoe!

Note: Insolia Inserts may not adhere to all shoe surfaces.

Notice: Insolia Inserts are not intended to treat medical conditions of the feet, nor should they be a substitute for custom foot orthotics. Consult your podiatrist if you have any questions about your specific foot condition and whether Insolia Inserts are right for you.